



T3-WEEK-6-Balance

EXERCISE 1



BACKSIDE KICKS

- ▶ Standing tall with a tight core and neutral spine. You will begin the exercise as if you were running in place. Keep the knees slightly bent at all times.
- ▶ Then bring your right foot back and all the way up to the glutes. Return your right foot to the ground and repeat on the other side.
- ▶ Continue this back and forth kicking motion, for the minute.
- ▶ **Modification:** Omit the run and slowly kick the heel to the backside.

EXERCISE 2



SQUAT: TRICEPS EXTENSION

- ▶ Stand with your feet wider than hip width. Hold a dumbbell up over head, arms are stretched out straight. Slowly lower the weights back behind your head, being careful not to flare your elbows.
- ▶ Brace the abdominal muscles, push the hips back and descend into a squat. Press into the ground and return to standing.
- ▶ Straighten your arms to lift the dumbbell back overhead. Repeat for the minute.
- ▶ **Modification:** Omit the squat or the triceps extension.

EXERCISE 3



SISSOR KICKS

- ▶ Lie on your back and lift your shoulders off the mat, support your head with your hands at your base of your head. Lift your feet and point your toes to the ceiling. Start position
- ▶ Lower the left leg then return it to start. Lower the right leg and return to start. Continue alternating the leg lowering for the minute.
- ▶ **Modification:** Keep your head on the mat and support your lower back with your hands. Or use a chair and raise alternate feet off the ground.

Press to play this week's workout video